

### Amendments to the Abstract

Please amend the abstract as follows:

The invention relates to a A lasted footwear for enclosing a human foot having a heel, an ankle and medial and lateral sides. The footwear comprises an outer shell for receiving the heel, the ankle, and the medial and lateral sides of the foot and an inner lining mounted in the outer shell. The inner lining is less rigid than the outer shell and has an inner surface adapted to contact the foot in use and an outer surface being affixed to the outer shell. The outer shell comprises a layer of thermoformed foam comprising first and second opposite surfaces, one of the first and second opposite surfaces being heat treated. The outer shell is made of a multi-layer composite sheet that is thermoformed for defining a foot-receiving cavity having a three-dimensional geometry that conforms to the foot. The multi-layer composite sheet has a first layer of thermoformable foam having a core and first and second opposite surfaces and a second layer of fibers. One of the first and second opposite surfaces of the layer of thermoformable foam has a skin formed by exposing the surface to temperatures between 200°F and 300°F. The invention also relates to a method of making a lasted skate boot comprising such an outer shell.